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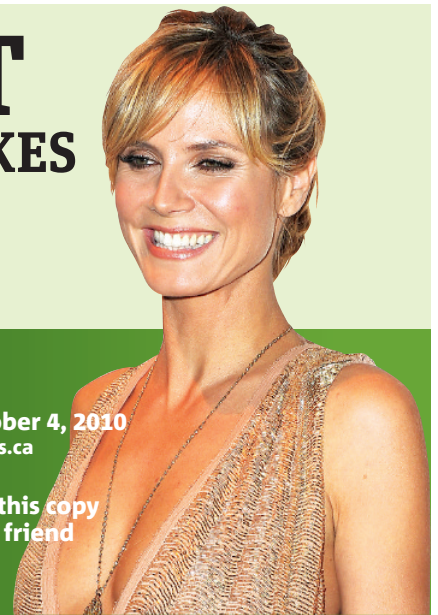
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**A GREAT WAY TO KEEP  
THE LIGHTS ON  
CONSIDER BECOMING  
AN ELECTRICIAN** {page 18}



**SPLIT  
KLUM MAKES  
A CHANGE  
DISH** {page 13}



OTTAWA

**metro**®

Monday, October 4, 2010  
www.metronews.ca



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**Run for the Cure. Pink pride**



► Some participants hammed it up for the 17th annual Ottawa-Gatineau Run for the Cure at LeBreton Flats yesterday. More than 9,000 people attended, raising \$1.6 million.

TRACEX TONG/METRO OTTAWA

## Proud day in the capital region

Canada's largest single-day, volunteer-led event for the breast cancer cause, Run for the Cure, funds research, education and awareness programs through the Canadian Breast Cancer Foundation. "I think this is awesome," said participant and Kanata resident Rob Carrothers, who ran with a team yesterday. "Everybody's affected by (breast cancer)." More photos at [metronews.ca/local](http://metronews.ca/local)

## Terror threat high in Europe?

U.S. warns citizens to be  
vigilant while abroad {page 4}

## 'Hell' leads to a lawsuit?

British politician threatens  
Canadian minister {page 5}

# \$14M for housing: Watson

► Candidate would expand rent supplement program by \$5 million ► Would also create \$5-million opportunities fund ► Money would come from program uploads



**TIM WICLAWSKI**  
@METRONEWS.CA

Promises to invest in "soft infrastructure," like renovating affordable housing units, are rare in political campaigns.

Even Jim Watson, the former provincial housing minister, will admit to that. But yesterday Watson made social housing a major campaign issue by promising to commit \$14 million per year towards improving social housing and expanding the rent supplement program, if elected.

Rent supplement programs help place low-income households in privately owned rental properties by covering the difference between the market value rent and 30 per cent of the renter's income.

Additional funds for the rent supplement (\$5 million) would come from money freed by the provincial government uploading some social costs, said Watson.

He would also take \$5 million from uploaded money to create an opportunities fund to be invested in fixing or building more social housing.



**"Anyone who has spent any time in and around any of the shelters — the Union Mission or the Salvation Army — you realize we have a problem. We have a problem when there are 7,000 people living in shelters on an annual basis."**

MAYORAL CANDIDATE JIM WATSON



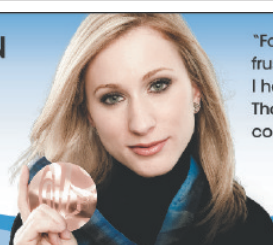
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# Put services first, says Cullen

One of the lead candidates in one of the most contested ward races in Ottawa is putting services ahead of keeping taxes from rising.

"In this election, I'm being opposed by four fiscal conservatives," said Alex Cullen at a rally yesterday. "Their focus is entirely on keeping taxes down. But folks, taxes is what we use to invest in our community, to help it grow, to help it prosper, to ensure good services, to help our fami-

lies and to build livable communities."

Cullen said he wants to build a livable city that is safe, green, clean, inclusive, and one that provides services at a reasonable cost.

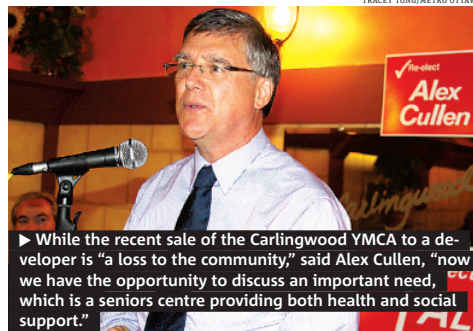
Key elements to this vision are: rapid transit to relieve congestion downtown; to see through the Ottawa River Action Plan; and increasing affordable housing.

"Today the city has over

10,000 families on the social housing waiting list," said Cullen.

He also wants to lower bus fares for seniors, build better cycling facilities, including a cross-town bike route, hold the line on urban sprawl, and keep the cost of city services affordable. Bay Ward has its own challenges, including serving new immigrant families and the largest seniors population in the city.

● TRACEY TONG



▶ While the recent sale of the Carlingwood YMCA to a developer is "a loss to the community," said Alex Cullen, "now we have the opportunity to discuss an important need, which is a seniors centre providing both health and social support."

TRACEY TONG/METRO OTTAWA

# Mayor eyes revamp for Sparks St. Mall

▶ O'Brien says the city would act as a catalyst to drive renovations in the Sparks Street Mall forward



TIM WIECLAWSKI  
@METRONWS.CA

Designated bike lanes at the Sparks Street Mall?

It could happen, if Larry O'Brien returns to the mayor's office.

With work on the downtown tunnel set to begin in the next term, O'Brien is promising to make revitalizing the Sparks Street Mall a priority.

"Right now it's primarily used for people eating lunches on the weekday," said O'Brien. "It needs something. It needs a little spice and I want to put it on the agenda."

Mayoral candidate Jim Watson didn't really criticize the concept, only because the details were too vague.

**"(The Sparks Street Mall) needs a refresh. It was an idea that was a little bit on the leading edge, a little avant-garde in 1960. Like many things, those ideas get tired and you need to refresh them, you need to revitalize them."**

MAYOR LARRY O'BRIEN

"For the life of me I can't figure out what his vision is," said Watson. "I didn't see anything new in Mr. O'Brien's initiative. I certainly didn't see what the cost of what he's proposing is going to be. I'm at a loss for words as to what he's up to."



TIM WIECLAWSKI/METRO OTTAWA

▶ If Larry O'Brien wins a second term, the Sparks Street Mall could be lined with boutiques, museums or other attractions to keep the area populated all day.



News on the move

- 1 Download the free ScanLife application with your smartphone at [2dscan.com](http://2dscan.com)
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at [m.metronews.ca](http://m.metronews.ca)

On the web at [metronews.ca](http://metronews.ca)

Was George Gal-lowsay's entry to Canada victory for free speech or defeat for security? Guidy Mamann explores at [metronews.ca/immigration](http://metronews.ca/immigration)



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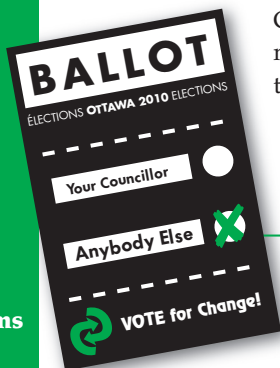
Are high taxes or high rent taking all your money?



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On October 25, 2010, vote to

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# U.S. warns terrorism threat high in Europe

► State Department advises Americans in Europe to be vigilant in public places ► Terror threat high in France and Germany: British Foreign Office

## Terror threat

The alert is one step below a formal travel warning advising Americans not to visit Europe.

- U.S. and European security experts have been concerned for days that terrorists may be plotting attacks in Europe with assault weapons on public places.
- U.S. intelligence officials believe Osama bin Laden is behind the terror plots to attack several European cities.
- If true, this would be the most operational role that bin Laden has played in plotting attacks since Sept. 11, 2001.

The Obama administration yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and transportation hubs.

A State Department

travel alert advises U.S. citizens living or traveling in Europe to take more precautions about their personal security.

"Current information suggests that al-Qaida and affiliated organizations continue to plan terrorist

attacks," it said.

European governments have taken action to guard against a terrorist attack and some have spoken publicly about the heightened threat conditions.

THE ASSOCIATED PRESS

## Foreign Affairs

### CANADA REACTS TO TERROR THREAT

Foreign Affairs said yesterday it was closely monitoring the security situation in Europe.

The announcement came hours after the United States warned Americans of potential terrorist threats in Europe.

The department said Canadians in Europe should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal security.

It also encouraged Canadians to regularly consult the government website for updated information and to register with the Registration of Canadians Abroad service in order to receive the latest advice.

THE CANADIAN PRESS

## Brazil. Election

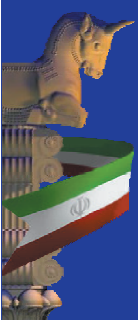


► Presidential candidate Dilma Rousseff stands next to an electronic ballot box after voting during Brazil's general elections in Porto Alegre yesterday.

FELIPE DANA/THE ASSOCIATED PRESS

## Female front-runner

Official vote returns indicate Brazil's leading presidential candidate Dilma Rousseff has been forced into a second-round runoff. She is the hand-chosen successor to popular President Luiz Inacio Lula da Silva and has been the election's front-runner.



The Cultural Center of Iran in Ottawa has the honour to invite you and your accompanying guest to participate in the cultural event:

## A Window to The Sun's Land

October 8, 2010 – 6 pm. to 9 pm.

At The Auditorium of the National Library and Archives Canada

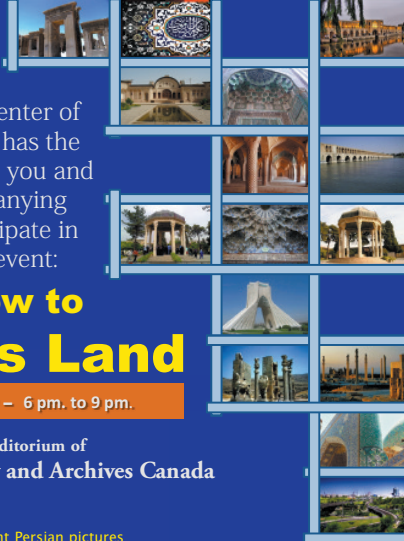
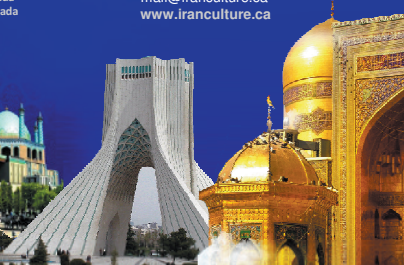
**The event includes:**

- ♦ The exhibition of the ancient Persian pictures
- ♦ The exhibition of Iran architecture in Islamic era
- ♦ The exhibition of Handicrafts with the presence of Iranian artists
- ♦ Screening the documentary: "Iran Seven Faces of a Civilization"
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www.iraniculture.ca

Library and Archives of Canada  
Bibliothèque et Archives Canada  
395 Wellington, N6C 2R6

# Reports show security failures in contracts

A pair of internal government reports confirm there have been repeated security failures in contracts involving secret technology and classified information, including confidential military blueprints.

The reports, suppressed for almost two years, buttress some initial findings by the auditor general in 2007 but suggest the problem has been even more widespread than first reported.

One of the newly released reports, commissioned by Public Works from the consultant firm Deloitte and Touche, examined 181 contracts that required tight security clearances for firms providing equipment and services to the federal government.

Some were awarded to military contractors, such



► Auditor General Sheila Fraser

as McDonnell Douglas Corp. and Thales Canada Ltd.

Deloitte found that 87 of them had "ongoing security deficiencies" because key security elements of the contracts were not enforced or monitored properly.

"Unless these ongoing

deficiencies are resolved, there is an ongoing risk that a security breach could occur," says the November 2008 document.

A second Deloitte report, into 153 so-called standing offers, found similarly sloppy security arrangements for 80 of them. THE CANADIAN PRESS

## Death threats on Facebook

A Montreal man has been arrested for allegedly uttering death threats on Facebook.

Quebec provincial police say David Abitbol

was arrested at his parents' home on Saturday.

Police say they found five weapons and hundreds of rounds of ammunition.

Police spokesman Richard Gagne says the 28-year-old Abitbol has been charged with uttering death threats and with firearms viola-

tions.

He allegedly threatened former college acquaintances on the site.

The arrest came a day after police received a tip that someone using the moniker Dark Killer had written threatening messages on Facebook.

THE CANADIAN PRESS



AARON VINCENT ELKAIM/THE CANADIAN PRESS



► Former British MP George Galloway is greeted by dozens of placard-waving supporters after clearing Toronto Pearson International Airport's customs Saturday.

# Put your dukes up: Galloway to Jason Kenney

- Canada's immigration minister challenged
- Galloway plans 10-city Canadian tour for November

British firebrand politician George Galloway donned a pair of red mittens and clenched his fists yesterday in Toronto, challenging Canada's immigration minister to a high-noon style boxing showdown.

"Jason Kenney, you can run, but you can't hide," Galloway said to cheers from a boisterous crowd of 500 spectators who packed a Toronto church to hear him speak.

The former MP is challenging Jason Kenney to a public debate and said he would be prepared to stand outside the minis-

ter's constituency office in Calgary until he gets one.

In his speech Galloway also said he would make good on his promise to sue Kenney for slandering him in front of the world by branding him a terrorist. Galloway says it caused him "18 months of hell" and threatened his personal security.

Kenney pulled the welcome mat on Galloway in March 2009 because of the former British MP's financial support for the Palestinian group Hamas, which the federal government considers a terrorist

organization.

Galloway was planning to come to Canada for a speaking tour, but decided not to because he thought there was little chance he would be admitted.

The Federal Court of Canada turned down an appeal from Galloway's supporters, but criticized the way the Conservative government dealt with Galloway.

Galloway said he will spend any money he wins from a lawsuit against Kenney toward building an anti-war movement in Canada. **THE CANADIAN PRESS**

## TAX TRIBULATIONS

### Debate over GST heats up

NDP Leader Jack Layton is turning the tables on the Harper government over taxes, calling on the Tories to remove the GST on home heating as winter approaches.

And Layton is threatening to target Conservative MPs in Ontario and British Columbia in the next election for sup-

porting the unpopular harmonized sales tax that went into effect in July.

The tactic is an ironic twist on Stephen Harper's successful use of the GST issue in his first campaign four years ago, when he rode to victory on the promise to cut the sales tax by two percentage points.

Layton unveiled the ideas in a speech before the party's national council in Ottawa yesterday, drawing enthusiastic cheers from the faithful for his efforts.

**THE CANADIAN PRESS**

### Phantom calls tie up 911 lines

Police in Barrie, Ont., are asking people to make sure cellphones in their pockets don't accidentally dial 911 after officers responded to 15 false calls over a 14-hour period Saturday.

Many were phantom calls that came from unlocked cellphones in people's pockets or purses.

**THE CANADIAN PRESS**

## HOME PHONE LINES

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# Despite gains, economy still slow to recover

► Manufacturing sector expanding, but at slower pace than last month ► Job creation remains tentative

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors that the economic recovery remains choppy and job creation remains tentative. "The overriding theme in the next few weeks might be mild disappointment, since good news seemed to have been priced in in recent weeks," said BMO's deputy chief economist Doug Porter. "October is usually no treat

for investors either. It's usually got its fair share of extreme volatility."

North American stock markets enter October trading with strong gains from September, which has the reputation of the worst trading month of the year.

Mostly positive readings from economic data on U.S. manufacturing, home sales and jobs resulted in the Dow Jones industrial average having a strong September. The TSX gained a modest 3.8 per cent. **THE CANADIAN PRESS**

## Looking ahead

The Dow Jones industrial average had its best September since 1939 with a gain of 7.7 per cent.

- **Falling index.** But sentiment weakened when Institute for Supply Management's manufacturing index fell to 54.4 last month from 56.3 in August.
- **Economy.** StatsCan reported the domestic economy shrank by 0.1 per cent in July.

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## Health. Fast Food



► A Happy Meal box and toy are shown outside of a McDonald's restaurant in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

## A healthier Happy Meal?

A proposed city ordinance would require McDonald's to either stop putting little toys for kids in Happy Meal boxes, or make them healthier by adding fruit and vegetable portions and limiting calories.

## Tobacco law flouted: Critics

Tobacco companies are being accused of skirting highly publicized federal legislation — announced by Prime Minister Stephen Harper — designed to keep kids from getting hooked on flavoured cigarettes.

Importers of cigarillos that come in flavours like vanilla, strawberry and peach have changed the size and characteristics on their product in order to get them in the country.

During the 2008 federal election campaign, Harper promised to take action against tobacco marketing practices that targeted young people. That led to a federal law which received support from all political parties and which came into force at the retail level last July 5.

The law defines little cigars as any product that



Flavoured cigarillos

weighs 1.4 grams or less and uses a cigarette filter. So the cigars are now slightly heavier and the filters are gone.

Casa Cubana, a Montreal importer, maintains its products are legal because they do not qualify as "little cigars" under the federal definition. **THE CANADIAN PRESS**

## Market moment

TSX	DOLLAR
- 5.58 (12,363.08)	+ 0.81¢ (97.99¢ US)
OIL	Natural gas 1,000 cu ft \$3.825 (- 4.7¢ US) Gold contracts \$1,317.80 (+ \$8.20 US)
+ \$1.61 (\$81.58 US)	

## Quebec to debate gas

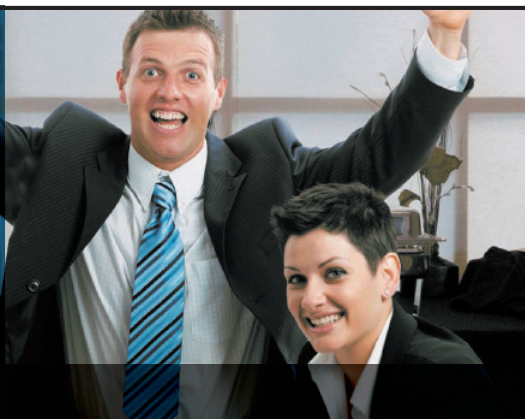
Environmental hearings begin in Quebec today into the risks of tapping a 5,000-square-kilometre energy source one federal document calls an energy "game changer."

**THE CANADIAN PRESS**

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2. DIOR *Sample dramming jar with invite to a personalized foundation consultation*.
3. STRIVECTIN *Instant Facial Sculpting Cream*, 7 mL.
4. BIOTHERM *Age Fitness 2 x 1 mL*.
5. CLINIQUE *Moisture Surge™ Extended Thirst Relief*, 15 mL.
6. CLARINS *Stretch Mark Control*, 30 mL.
7. LANCÔME *Juicy Tubes Ultra-Shiny Lip Gloss*. 8 g (colours may vary).
8. CALVIN KLEIN *euphoria men*. 1.2 mL Eau de Toilette spray.
9. CALVIN KLEIN *euphoria*. 1.2 mL Eau de Parfum spray.
10. ESTÉE LAUDER *pleasures Bloom*.
11. PACO RABANNE *1 Million*. 1.2 mL Eau de Toilette spray.
12. PACO RABANNE *Lady Million*. 1.2 mL Eau de Parfum spray.

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# EACH CORNER OF THE CITY IS UNIQUE

## Urban Compass

STEVE COLLINS



**Just because you and I live in Ottawa doesn't mean we live in the same Ottawa.**

Each of us lives in a neighbourhood, the place we see with our own eyes every day, the particularities of which shape our direct experience of the city. Kanata isn't Rockcliffe isn't Hintonburg.

This postal code effect is on my mind because I've changed neighbourhoods, leaving Centretown and with it, my version of Ottawa, where everything I needed was in walking distance and I saw enough of the same faces every day that it felt more like I lived in a town than in a city of 800,000.

The first difference I notice about my new home in

Cummings, just east of Vanier, is the traffic on multi-lane Montreal Road. It's hard to miss. I see lots of drive-thru windows, and acres of parking lots constantly sucking cars in and spitting them out. It's a landscape built for automobiles.

The Ottawa Neighbourhood Study, published by the University of Ottawa's Institute of Population Health, and packed with data on the city's 97 neighbourhoods, seems to confirm the impression.

While 43.7 per cent of Centretown residents walk to work, in

Cummings, it's 5.9 per cent. I don't own a car and have no plans to change that, but getting around will be trickier.

**"Comparing my old and new neighbourhoods with the ONS is a diverting exercise, but we didn't crunch socio-economic numbers before we moved in. We found a house, fell in love with it ..."**

Crime rates are about the same in the two neighbourhoods, both above average for the city. Demographics are similar, too, but Centretown is home to more young adults, Cummings to more children and teens. Kids at play are a relatively rare sight in Centretown outside of schoolyards. My street seems lousy with rug rats, and that makes me smile.

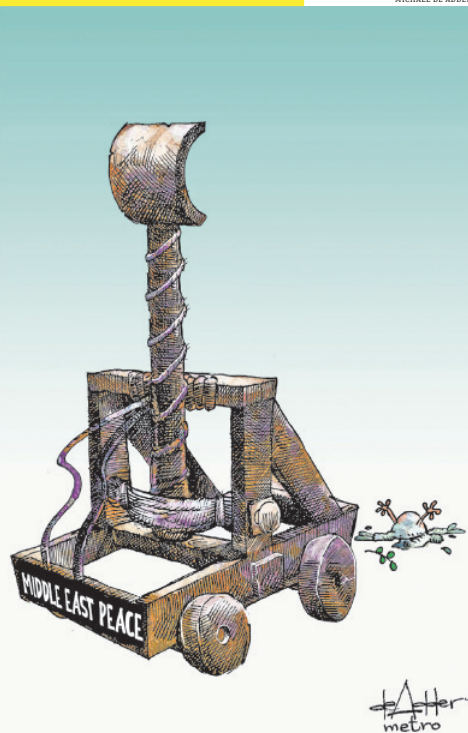
With a city election in the offing, I can look forward, ambivalently, to shorter lines at the polls. Voter participation in Centretown is about average, but Cummings, according to the ONS, is one of the least politically engaged neighbourhoods in the city.

Average voter turnout across the city for the last municipal election was a woeful 48 per cent, but in Cummings, only 24 per cent cast a ballot.

Comparing my old and new neighbourhoods with the ONS is a diverting exercise, but we didn't crunch socio-economic numbers before we moved in. We found a house, fell in love with it, and the rest just followed. And the numbers can't tell you the whole story of your neighbourhood. It just has to be lived.

## Cartoon

MICHAEL DE ADDER



# Interactive injuries

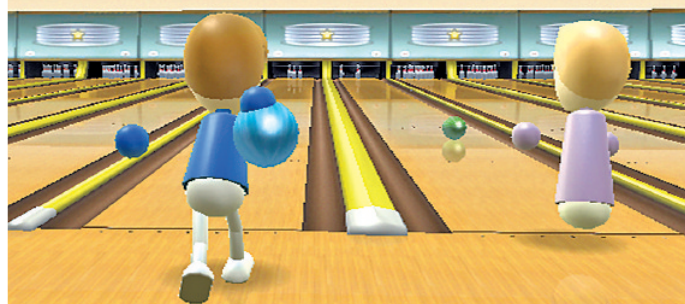
## Worth mentioning

Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Conference and Exhibition in

## A long way from Pong

TORSTAR NEWS SERVICE FILE



San Francisco.

Researchers found that, when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder, ankle and foot. The group of interactive gamers was also significantly more likely to sustain a contusion or abrasion,

sprain or strain.

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group.

THE CANADIAN PRESS

**What's your favourite fall activity?**

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## Metro Minute with Fall Rhapsody

This year's Fall Rhapsody is in full swing and the NCC wants you to take advantage of more than 90 kilometres of trails and bike paths in Gatineau Park.

Through Oct. 17, people can admire the best that Ottawa-Gatineau's fall colours have to offer.

A favourite of the annual event is the Follies

Of The Forest on Scott Road — a free guided tour of approximately 50 different species of trees that can be found in the forest.

Other fun activities include a Mackenzie King Estate visit, Saturday Short Loops, and various organized hikes for everyone to enjoy.

JOE LOFARO



► Admire the area's fall colours at Gatineau Park.

JOE LOFARO/FOR METRO OTTAWA





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# 2

## scene

### Box office



Movie fans are spending some face time with a story about the founders of Facebook. The **Social Network**, a drama about the quarrelsome creation of the online juggernaut, debuted as the **No. 1 weekend film** with \$23 million. The animated adventure **Legend of the Guardians: The Owls of Ga'Hoole** retained the **No. 2 spot** in its second weekend with \$10.9 million.

THE ASSOCIATED PRESS



The Canadian Opera Company has a new take on *Aida*. The classic is updated and taken out of Egypt. Scan code to read more.



► Amanda Sussman of Plan International Canada



► Drew Dudley of Nuance Leadership Inc.



► Trey Anthony, creator of da Kink in my Hair



► Neil Pasricha, author of The Book of Awesome



► Sol Guy, film producer and K'Naan's manager



► Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health

# TEDx speakers swing into action

- Community-organized conference brings together ideas for change
- Social leaders offer roadmaps for moving things forward around you



JESSICA LEWIS  
SCENE@METRONews.CA

More than 12 social leaders gathered last Thursday to speak at the second annual community-organized TEDx conference, bringing ideas on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

**Drew Dudley, founder of Nuance Leadership Inc.:** Dudley believes we

shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world. We've taken the title of leader and made it into something that one day we're going to deserve."

**Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL:** Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion. "How do you give real change? I think you need to be a better human, because living is giving. You've got to show up

every day, passionate."

**Amanda Sussman, senior advisor to Plan International, Canada:** Sussman questioned: if you can do one action, how can you make sure that it has a chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

**Trey Anthony, creator and star of GlobalTV's da Kink in my Hair:** Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better

place than when you showed up. "Dream beyond your circumstances. Break out of the box that they've put you in, that you've put yourself in."

**Neil Pasricha, bestselling author of The Book of Awesome:** Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner three-year-old and being authentic to yourself, letting your heart lead you and putting you in experi-

### Three D effect

Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heart-warming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and demand," she said. "Learn more about mental illness and the issues that people face. Talk about it to everybody, and listen to people who have these experiences. Demand that great social injustice that sits on people with mental illness is rectified."

ences that satisfy you, then I think you'll live a life that is rich and satisfying. I think you will live a life that is truly awesome."



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## Beyond Radiohead

Radiohead drummer Philip Selway ventured into uncharted territory with the release of his first solo album, *Familial*. Not only does he join band mates Thom Yorke and Jonny Greenwood with a solo project to his credit, but Selway also became a full-fledged singer on the record.

To fill his drumming role, he tapped Wilco drummer Glenn Kotche for the album.

### What compelled you to put out a solo record?

About three or four years ago — that was the point where I actually really decided to make a record. I had little fragments of songs coming together in the years running up to that, and then it got to the point where, actually I could see a collection of

songs emerging.

### What was the collaboration like between you and Kotche?

That was great actually. When I was writing the songs, I didn't really hear drum parts in my head. I drummed on one song, which is the third song on the record called "A Simple Life." So to actually meet Glenn — (an) amazing drummer, very versatile, very unique take on kit playing.

### Now that you've got a taste of being a solo artist, is it something you want to pursue further?

At some point I'd like to make another record. We are straight in the middle of recording Radiohead material, so I will be immersing myself in that as well. **THE ASSOCIATED PRESS**

# World Cup winners

► For some, the Homeless World Cup helps stop a downward spiral

In some ways, Dave Bidini wasn't hard to find compelling stories. "It was like

book about the Homeless World Cup a little like booting a ball in-

to a

wide-open net — it simply



walking into a living novel," said Bidini, the author of *Home and Away: In Search of Dreams at the Homeless World Cup of Soccer*, during an interview this week in Toronto.

"You had 600 street soccer players from around the world, all with these completely divergent yet kind of universal experiences coming together. It wasn't hard. And a lot of my job was really eavesdropping."

Bidini, author and former guitarist for the Rheostatics, trailed Canada's four-person entry to the 2008 event in Melbourne, Australia.

"What surprised me was how ... like you and I the players were," Bidini said. "With a little bit of bad luck ... you can de-

### Route to change

The Homeless World Cup launched in Graz, Austria in 2003 with the aim of using soccer to encourage the homeless to change their lives. The 2010 edition just wrapped in Rio de Janeiro, Brazil.

► 70 per cent Organizers of the tournament say that 70 per cent of the players who participate experience a "significant life change,"

scend like that."

Bidini was initially skeptical that the tournament could make a real difference until he witnessed the restorative power of soccer in person.

**THE CANADIAN PRESS**

ADRIEN VECZAN/THE CANADIAN PRESS/



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## Talking points

## Who's afraid of the press?

**HEADLINE WATCH.** Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories about her in the media are often exaggerated.

Heigl's comments in the past have been known to make waves in the entertainment world. She called the 2007 comedy Knocked Up, in which she starred, "a little sexist." Later, she refused to seek an Emmy nomination after saying Grey's writers didn't give her enough award-worthy material.

Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press.

THE ASSOCIATED PRESS

## Another Paris reality show

**TV.** Oxygen is putting Paris Hilton back on the air in another reality series documenting her life. The network said this week that the series is so far untitled and will be an all-encompassing look at the hotel heiress' friends, family and



relationships.

The series has not yet begun production. No premiere date has been set. Her previous TV series have included The Simple Life and My New BFF.

THE ASSOCIATED PRESS

## Just veggies? No, thanks

**CANDIDATE TALK.** Delaware Republican Senate candidate Christine O'Donnell once told a TV interviewer that she tried several religions but skipped becoming a Hare Krishna because she didn't want to be vegetarian.

Bill Maher aired the clip of that July 9, 1999, interview with O'Donnell on Friday night on his show Real Time with Bill Maher. The short clip was from an interview on the comedian's former show Politically Incorrect.

O'Donnell tells Maher that she had dabbled in "every other kind of religion," including witchcraft and Buddhism, before becoming a Christian.

With a laugh, she said: "I would have become a Hare Krishna, but I didn't want to become a vegetarian. And that is honestly the reason why, because I'm Italian and I love meatballs."

THE ASSOCIATED PRESS

## Model Klum quits Victoria's Secret

► No reason given for split with lingerie line  
► Klum working on own collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth.

No reason was given for the split, but Klum said she would focus on other projects. The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon. **THE ASSOCIATED PRESS**



► Heidi Klum

## Producer Cannell dead

**OBIT.** Stephen J. Cannell, the voracious writer-producer of dozens of series that included TV favourites The Rockford Files and The A-Team, has died at age 69. Cannell passed away at his home in Pasadena, Calif., on Thursday. **THE ASSOCIATED PRESS**

★★★★★

- The Times

★★★★★

- The Independent

★★★★★

- The Daily Telegraph

"NOWHERE BOY IS THE BEST MUSIC MOVIE OF THE DECADE"

- John Naughton/GG (UK)

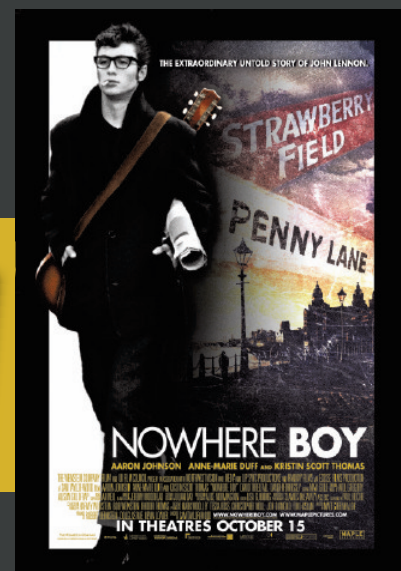
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3  
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## Pets

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Studies say beetroot juice could help athletes exercise longer. Scan code for more.

# Never take fire safety lightly

► Sparky says: Replace old smoke alarms and never remove batteries!

JEFF STOKOE/THE CANADIAN PRESS



► Smoke alarms can, and do, save lives. Be sure to keep yours in working order.

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or removing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a fami-

ly at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company.

"If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears." NEWS CANADA

## Replacements

► Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

## Have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian Association of Fire Chiefs and its fire education partners Kidde Canada and Duracell will encourage all families to create and practice a fire escape plan as part of the Great Canadian Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and darkness cause confusion and reduce reaction times. That's when having a plan to escape — that has been practiced by all family members — becomes critical.

Educational experts have collaborated with the CAFC to compile these fire escape plan tips:

- Draw a floor plan that shows all doors and windows.
- Mark two ways out of each room, if possible.
- Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every storey of your home and outside sleeping areas. Make sure children recognize the sound of a smoke alarm.
- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.
- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

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# Fill up and lose some fat

► If you're trying to lose weight, filling up on fibre and low-calorie liquids are key

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both filling and low in calories.

Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

And if you add grains, such as rice or whole-wheat pasta, you get lots of soluble dietary fibre, which have been shown to be appetite-satisfying, while also helping the body maintain healthy blood sugar levels.

Low-fat proteins, such as white-meat chicken and turkey, tofu, low-fat cheese and yogurt, also help to fill you up. Beans and other legumes, such as lentils, are an excellent source of both rib-sticking protein and fibre.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these foods.

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

**Cheesy Baked Lentils, Rice and Turkey Casserole**

## Cheesy Baked Lentils, Rice and Turkey Casserole Ingredients :

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion, chopped
- 500 ml (2 cups) fresh spinach, packed
- 1 can (540 ml/19 oz) lentil soup
- 175 ml (3/4 cup) converted (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 50 ml (1/4 cup) water
- 125 ml (1/2 cup) grated reduced-fat Swiss cheese
- 125 ml (1/2 cup) grated extra-sharp cheddar cheese

## Preparation:

- 1 Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.
- 2 In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes.
- 3 Add spinach and saute for another minute. Transfer mixture to prepared baking dish.
- 4 Add soup, rice, thyme, salt, pepper and water.



► This cheesy baked lentils, rice and turkey casserole takes 1 hour 5 minutes to make, with only 20 minutes active.

Stir to combine. Cover baking dish tightly with foil and bake for 40 minutes or until rice has absorbed all the liquid.

- 5 Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until cheeses have melted.

THE ASSOCIATED PRESS

## Food Network Canada turns 10

When Food Network Canada launched a decade ago, its behind-the-scenes operations resembled an episode of Iron Chef, with homegrown programs cooked up under tight deadlines.

"It was very much sort of: 'OK, we'll fly by the seat of our pants,'" says Emily Morgan, vice-president of content at the station that turned 10 on Saturday and is the focus of a special edition of TV Guide Canada magazine that hits newsstands today.

"It was a lot of programming that had to be created in a very short period of time in order to make the Canadian content hours

for this new service, which was, and is, 50 per cent of the schedule."

At launch, the network had 22 programs on the docket and two million subscribers. It has 42 programs on its current schedule and six million subscribers.

The Food Network, says Chef at Home host Michael Smith, has helped legitimize culinary science.

"Twenty years ago, if you went to a cocktail party and told everybody your kid was a chef, they just sort of left you in the corner," recalls Smith, whose series The Inn Chef was on Food Network Canada when it launched.

"Now ... if your kid's a chef, wow, all of a sudden you're a rock star yourself. It's a big deal now to be a chef, it's legitimized, and that is definitely (because of) the network."

In the early days, Food Network Canada's schedule was a mix of instructional, chef-based and food-travel programs, and many of the original shows were taped at a downtown studio.

"Things were a lot looser back then," says Smith. "It was kind of a 'Wild West frontier, anything goes' kind of feeling."

These days, the network still has instructional shows but it doesn't usual-

ly air them during prime-time, nor does it have any studio productions. Instead, the focus is more on entertainment-driven, escapist field shows for a broader audience, including the hits Diners, Drive-Ins and Dives and Iron Chef America, says Morgan.

Canadian programs have also been making inroads as the network invests more money into homegrown programming, she says. Some of their biggest recent domestic hits include Restaurant Makeover, The Opener, Pitchin' In and Dinner Party Wars.

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# Great lawns with green methods



LEE REICH/THE ASSOCIATED PRESS

► The trend in so many home projects these days — from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying.

## ► Flawless lawns don't exist naturally ► What to do to get a professional look without harming the Earth

The trend in so many home projects these days — from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying. But anyone who wants to take that approach to lawn care had better be ready for research and hard work.

The lawn turns out to be a humbling, non-relaxing, never-ending project served by a conflicting mess of information, intentions, guilt and crazy internal accounting. It's not so easy to decide:

### Do you do it yourself, or go with a pro?

That first summer, it became clear that most of our neighbours employed professionals, who careened around on noisy, air clogging, gas-guzzling power mowers and planted ominous yellow flags warning of herbicide use. Surely, I reasoned, lawn maintenance was not so difficult or important that we couldn't care for our lit-

### Cow manure

Give it a try as an alternative

► **New methods** The right grass for local conditions should come in thick and, when mature and left at least 7.5 centimetres tall, block the weeds. Its suggested cow manure for fertilizer — the country has too much of that anyway — and a pre-emergent herbicide in the spring, which prevents seed germination. Note: It will work on crabgrass, and also on my regular grass, so seeding at the same time doesn't make sense.

► **New methods** The Cornell Cooperative Extension of Westchester County, N.Y., recommended a fescue blend instead. Their website contains a problem-solving index.

tle lawn without poisoning the entire neighbourhood. By the next summer,

our fragile lawn was sprouting crabgrass and harbouring grubs.

### Can you be ecological and effective?

For a few years, our greenish yard was ecologically sound, though it lacked the professional sheen of the neighbouring lawns. The gardener, who was more of a mower and self-proclaimed non-expert, suspected my no-toxins rule was to blame.

There were some inexpensive, innocuous solutions for weeds, like vinegar or lemon juice; wouldn't it be virtuous to use those?

Here's the problem: Virtue is time consuming and labour intensive.

If I stand on my neighbour's beautiful, if toxic, grass and look at mine, I am ashamed of my raggedy lawn. I guess a flawless lawn just doesn't exist naturally, but good practices will minimize the need for chemicals.

THE ASSOCIATED PRESS

## LINDSAY COULTER

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### QUESTION:

My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

## GET INTO A NEW CYCLE OF DISHWASHING

Let's cover the often-overlooked issue of disposal first. Most cities have large-item pick-up or drop-off programs that run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the en-

trance of all three city landfills. They'll accept your appliance for a charge. You may want to inquire about the disposal fee by calling 3-1-1.

When it comes to all types of appliances, look for the Energy Star logo.

Energy Star is an American-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in

or imported into Canada. This label indicates the amount of electricity used by that appliance. When you're looking at display models, find the EnerGuide label to compare the energy use of similar models and estimate annual operating costs.

And last but not least, don't overlook the type of soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option

— one without phosphates or chlorine — now's the time. How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.



David  
Suzuki  
Foundation

# Canon

The Journey Continues.

Canon's new EOS Rebel T1i is packed with features, both refined and new. In addition to its admirable performance with an all-new 15.1 Megapixel Canon CMOS sensor, DIGIC 4 Image Processor, a 3.0-inch Clear View LCD with anti-reflective and scratch-resistant coating, and compatibility with the EOS System of lenses and Speedlites, the EOS Rebel T1i adds remarkable Full HD video capture at resolutions up to 1920 x 1080. An HDMI port allows for quick connections to high definition TVs and monitors for easy viewing of your stills and video. The entire operation is simple and easy even if you are a beginner. You'll have uncompromised EOS Digital performance with power and flexibility right in the palm of your hand.

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# Clarity key to communication

► Getting the cold shoulder at work? Regroup and try to understand why ► Don't let your emotions get in the way ► Put an emphasis on clarity



DREW HINSHAW  
LIFE@METRONews.CA

The harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on why.

"On some level, everybody wants to be heard, but if that's not happening, you need to understand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meet-

ing and ask what's happening," she suggests.

"Maybe you're in the wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that you're out."

It could also be a clue that you're hedging your two cents with too much timidity, and too little pizzazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll software into a landmark moment in corporate history.

"People might not be hearing you because you're not delivering the message right," Berger concurs. If not, try a change of scenery.

"Schedule a time and place," Cranston offers.

**"Saying things louder doesn't help, and neither does repeating things a million times. You become a broken record."**

JANE CRANSTON

"Tell your boss, 'I have something to add, I'd like to have five minutes of your time share it.'" Refrain from blame-casting, she adds. "Assume you were the poor communicator," she suggests.

"Say 'Maybe I didn't make myself clear when I was explaining this.'"

Keep your indoor voice to yourself and don't let your frustration steam out into the open. Awkward air is one way to alienate colleagues, and spoil your rep. When your points are



► If you're being sidelined during meetings, respond with a pause and try to figure out the why.

being shrugged away, Cranston says, you must be all the more diplomatic.

If it's a matter of urgency — say you're that lackey on the oil rig who

saw the blinking red bulb — substitute volume and repetition for clarity.

"If by them not listening there's a real danger involved, then you confront,"

Cranston explains. "Tell them, 'It's my job to warn you that this is a problem. If you don't want to hear it, that's one thing, but I'm responsible for telling you.'"

## CAREERS THAT INSPIRE

### TurningPoint

**TERESA KRUIZE**

LIFE@METRONews.CA



"Can you do a post game report from the Calgary Flames' locker room?" The call from TSN that I had been dreading had finally arrived. It was time to deliver — or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the floor, I followed my cameraman's feet to the first scrum.

Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life.

Over the years I have be-

come fascinated by people that have succeeded in life despite facing huge odds. I like the stories of the nurse who became CEO of one of the world's best hospitals or the man that was fired and became a multi millionaire after starting his own company.

As we recover from one of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem.

In the coming months, I will be writing about incredible people who have looked past their

### coming soon

In the coming months TurningPoint will feature:

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- A lawyer that walked away from his practice to become an author and one of the world's most successful leadership advisors.
- Three mothers who were turned down by all the banks finally found a way to open their successful children's bookstore.
- A model who threw away her scale and is now inspiring woman and girls of all sizes to redefine their image of beauty.

doubts and insecurities and have gone on to achieve success. It'll be your Monday morning dose of inspiration. Make it a turning point for you.

### Kruze control

When looking for inspiration in life, Teresa Kruize thinks about these sayings:

- Never sit in the rocking chair of life and say, "I

wish I would have."

- Don't be afraid to fail or take risks. At least you can say you tried.

- Don't be so hard on yourself — you don't have to be perfect.
- Get out there and do it.

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# Electricians make the right connections

► Attitudes about profession have changed over the years ► Good electricians never stop learning



**KEITH  
CARMAN**  
LIFE@METRONews.ca

When Will Demelo was growing up his parents used to say that if he didn't work hard in school he would end working as a tradesman.

Demelo did work hard in school, but he ended up becoming a skilled trade anyway. Over the years he has watched as attitudes about the multitude of professions that fall under the category "trades" have changed.

"A lot of people are changing their views on trades, especially those like plumbers and electricians.

"It's a great way to make a living, different every day and there will always be a need for electrical workers," says Demelo, who is a skilled electrician. At 44 years-old and with almost half of his life dedicated to the profession — the last dozen as co-owner of an Oakville-based service and industrial installation company — Demelo would know.

The process of becoming a qualified electrician is pretty straightforward, not to mention financial rewarding. After completing post-secondary training, an apprenticeship and certification, technicians can earn about \$60,000 per year in salary, before overtime is calculated.

Many prospective candidates still wonder what needs to be done to join the ranks of what are often called wiremen? Demelo has some pretty simple advice.

"Think about what you

## Make sure to learn the basics

Running current through copper is only one aspect of electrical work.

Demelo recalls many times where a student electrician has claimed to know rudimentary aspects of hands-on labour with disastrous results: Shattered saws, damaged drills and burned-out drill bits.

"Most of my job is mechanical: drilling, tapping, cutting pipe, dealing with plaster, brick and what-not ... the calculations and actually pulling wires come into play later," he sighs.

"You need these essentials. Take your pre-apprenticeship classes, but learn the basics no matter what."

● METRO

want to do," he states. "Do you want to specialize and maintain industrial machines when they break down? Do general work on construction sites and homes? Decide on what area you want to work in, then look for a school that you like."

He suggests conducting research on the vast number of facilities — both public and private colleges



► Skilled trades are in demand and can earn a very healthy salary.

— that offer courses online or in-class for duration, topics and ratings, as they vary widely. Courses generally run anywhere from a few weeks to a number of months.

Once sessions have completed, expect to complete a minimum nine thousand hours of in-field apprenticeship before testing to attain a Certificate of Qualification.

Applicants must attain 70 per cent or higher on their test in order to enter

the workforce. At that point they can choose to either go out on their own or become a member of the International Brotherhood of Electrical Workers (IBEW) union.

Those wishing to start their own business may also get training to become what's called a master electrician. To that extent, Demelo notes that regardless of status, good electricians never stop learning.

"Once you have the basics down, it applies to

most facets of this trade but there are always upgrade courses. It's advisable to stay abreast of what's going on in your field."

First and foremost however, he stresses test-driving the profession before giving up months of tuition and testing only to realize it's not for you. Offer up a few Saturdays of free labour or enrol in a co-operative placement before going all-in.

"See if it's for you before committing. This job is

**"People are really starting to understand and appreciate the value of skilled labour."** WILL DEMELO

great on a sunny day but sometimes you're under a machine in a 100 degree factory or on a roof in January and it's 20 below. Don't commit, then realize you're not used to working in the elements."



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# Learning to break bad habits



► Identifying bad habits early can help students have a more successful school year.

► Parents and kids should not be afraid to ask for help ► Move fast to identify and address problems

Now that the school year is well underway, students — and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely

**"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."** NICK WHITEHEAD

that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recom-

mends that parents take out last year's final report card and review the teacher's comments.

"If there are school issues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he says.

Dr. Whitehead also recommends that parents reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times, and using a family wall calendar to keep track of chores and social activities. **NEWS CANADA**

## News in brief

### Seneca sets record for enrolment

**GROWTH** Seneca College reports it has hit its highest enrolment this fall in its 43-year history.

With a full-time student population of 20,945, Seneca has seen

its enrolment grow 4.6 per cent over fall 2009, including over 2,600 international students.

● METRO

### Ryerson plots India strategy

**OUTREACH** Ryerson University's Ted Rogers School of Management has set up an India strategy group to chalk out its plans for the South Asian country,

which includes offering its world-class courses to Indian students and forging ties with Indian universities.

Although students of Indian origin account for about 10 per cent of undergraduate courses, there are not many from India, says the school's dean. There are, however, quite a few students from India in graduate programs.

● METRO

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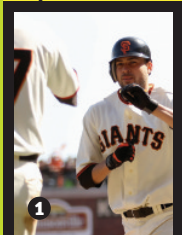
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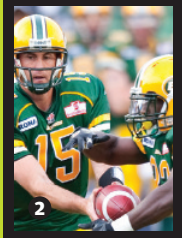


4  
sports

## Sports in brief



1



2

**1** Jonathan Sanchez pitched the San Francisco Giants back into the playoffs, beating the San Diego Padres 3-0 yesterday to wrap up the NL West title. San Francisco will host the wild-card Atlanta Braves starting Thursday.

**2** Ricky Ray ran in a fourth-quarter touchdown and passed for two more as the Edmonton Eskimos kept their playoff hopes alive with a narrow 37-35 victory over the Hamilton Tiger-Cats yesterday.



Scan for code for sports

# Cito rides off into sunset with a win

► Home runs keep coming as Blue Jays defeat Twins in Gaston's final game before retirement



BLUE JAYS

TWINS

## Twins vs. Yankees

► The Twins learned minutes after the game their first-round playoff opponent is the New York Yankees.

tive stint in arguably baseball's toughest division. He had a 913-851 regular-season record in 12 seasons, plus 18-16 in post-season play.

Toronto finished with eight wins in its last 10 games to reach 85-77.

"I really think the theme they came up with for this year — heart and hustle — has really been appropriate," Gaston said. "They never quit. We lost some tough ones this year."

Encarnacion finished with 21 homers this season, seven against the Twins and five in this four-game series. The Blue Jays went deep 10 times this weekend at Target Field, so far one of the hardest ballparks to hit one out of.

THE ASSOCIATED PRESS

## 257

The Blue Jays went deep 257 times this season, matching the 1996 Baltimore Orioles for the third-most in history. The 1997 Seattle Mariners hold the record, with 264 homers.

The Blue Jays blasted a few more home runs as a send-off present for their retiring manager Cito Gaston.

Edwin Encarnacion and Adam Lind both went deep, adding to Toronto's major league-leading total, to lift Toronto to a 2-1 victory yesterday in the regular-season finale over the playoff-bound Twins.

"It was nice to see him win and ride off into the sunset," Lind said.

This was the last game for Gaston, who accepted a \$2,500 donation from the Twins on his behalf to the Blue Jays' charity fund.

Two of Gaston's former players who are also former Twins, Paul Molitor and Jack Morris, joined Twins manager Ron Gardenhire and Minnesota second baseman Orlando Hudson, himself a former Blue Jays player, at home plate to honour Gaston.

Gaston finished 211-201 in his second stint with the Blue Jays — no World Series titles, but a competi-



► Toronto manager Cito Gaston waves to fans yesterday as he leaves the field after the Blue Jays defeated the Minnesota Twins 2-1 in Minnesota.

## Loud cheer for Canada at Games ceremony

Decked out in white caps and flashing beaming smiles, Canadian athletes earned a loud cheer from the crowd when they marched during yesterday's opening ceremonies at the Commonwealth Games. Flag-bearer Ken Pereira led the Canadian team into the 60,000-seat Jawaharlal Nehru Stadium

**120**  
Number of Canadian athletes who took part in the opening ceremonies, out of 260.

to the pulsating rhythms of traditional Indian drums and snake-charming wind instruments.

THE CANADIAN PRESS



## Sports in brief

### Europe leads at Ryder Cup

**GOLF.** Europe nearly pulled off a clean sweep at the Ryder Cup, surging into the lead by claiming all but a half-point in the last session of team matches. The Americans face a daunting 9½-6½ deficit after their dismal performance yesterday at soggy Celtic Manor. Tiger Woods took the worst loss of his Ryder Cup career,

Phil Mickelson became the U.S. player with the most losses ever and the Europeans won five points and halved the other match.

### Chelsea blanks Arsenal 2-0

**SOCCER.** Chelsea took a four-point lead atop the Premier League yesterday following a 2-0 win over Arsenal while Liverpool's terrible season reached a new low with a 2-1 home loss to Blackpool.

THE ASSOCIATED PRESS



## MLB

## AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

## NATIONAL LEAGUE

EAST DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION									
	W	L	Pct	GB	WGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.403	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

## AMERICAN LEAGUE

**Yesterday's results**  
Toronto 2 Minnesota 1  
Detroit 4 Baltimore 2  
Boston 8 N.Y. Yankees 4  
Chicago White Sox 6 Cleveland 5  
Tampa Bay 3 Kansas City 2 (12 ins.)  
L.A. Angels 6 Texas 2  
Oakland 4 Seattle 3

## NATIONAL LEAGUE

**Yesterday's results**  
Cincinnati 3 Milwaukee 2  
Florida 5 Pittsburgh 2  
Washington 2 N.Y. Mets 1 (14 ins.)  
Atlanta 8 Philadelphia 7  
Houston 4 Chicago Cubs 0  
St. Louis 6 Colorado 1  
San Francisco 3 San Diego 0  
L.A. Dodgers 3 Arizona 1

## WILD CARD

## AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	95	67	.586	—

## NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	91	71	.562	—

## 2010 POSTSEASON

## DIVISION SERIES

(BEST-OF-5)

(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

## AMERICAN LEAGUE

**Tampa Bay (E) vs. Texas (W)****Wednesday's game**  
Texas (Lee 12-9) at Tampa Bay (Price 19-6)**Thursday's game**  
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10)**Saturday's game**  
Tampa Bay (Davis 12-10 or Shields 13-15) at Texas (Lewis 12-13)**Minnesota (C) vs. N.Y. Yankees (wc)****Wednesday's game**  
New York (Sabathia 21-7) at Minnesota (Lirio 14-10)**Thursday's game**  
New York (Hughes 18-8 or Pettitte 11-3) at

Minnesota (Pavano 17-11)

**Saturday, Oct. 9**

Minnesota (Duensing 10-3) at New York (Pettitte 11-3 or Hughes 18-8)

## NATIONAL LEAGUE

**Philadelphia (E) vs. Cincinnati (C)****Wednesday's game**  
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10)**Friday's game**  
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-3)**Sunday, Oct. 10**  
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7)**San Francisco (W) vs. Atlanta (wc)****Thursday's game**  
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10)**Friday's game**  
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11)**Sunday, Oct. 10**  
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9)

## AMERICAN LEAGUE

## BLUE JAYS 2, TWINS 1

	ab	r	h	bi	Minnesota	ab	r	h	bi
Wise of	4	0	1	0	Span of	4	0	0	0
JMdn1 ss	4	0	1	0	OHudson 2b	2	1	1	0
JBautist dh	4	0	0	0	Punto 2b	2	0	0	0
Overay 1b	4	0	0	0	Mauer c	2	0	1	0
Undlf	3	1	1	1	Bolters c	1	0	0	0
Encnc 3b	3	1	1	1	JMoris ph	1	0	0	0
Arendi c	2	0	0	0	DimYn lf	2	0	0	0
JHoffpr 2b	3	0	0	0	Revere lf	2	0	0	0
McCoy rf	3	0	0	0	Thome dh	1	0	1	0
Plouffe pr-dh	3	0	1	1					
Caddy 1b	1	0	0	0					
Tolbert 1b	1	0	0	0					
Kubel rf	1	0	0	0					
Repko rf	2	0	0	0					
Valenci 3b	3	0	0	0					
Hardy ss	2	0	0	0					
ACasill ss	3	0	0	0					
Totals	30	2	4	2	Totals	30	1	4	1

Toronto 000 010 100 2 4 1  
Minnesota 000 100 000 1

E—Overbay (6), DP—Toronto 1, Minnesota 1.

LOB—Toronto 2, Minnesota 4, 2B—Mauer

(43), HR—Lind (23), Encarnacion (21), SB—

O.Hudson (10).

	IP	H	R	ER	BB	SO
Toronto						
Rzepczynski W,4-4	7	4	1	0	2	6
Carlson H,2	1	0	0	0	0	1
Camp S,2-4	1	0	0	0	0	1
Minnesota						
Blackburn L,10-12	7	3	2	2	1	6
Mijares	1	0	0	0	0	1
Perkins	1	1	0	0	0	0

T—20L A.—40,664 (39,504) at Minneapolis.

## SOCCER

## MLS

**Last night's result**  
Los Angeles 2 Chivas USA 1

## ENGLAND

## PREMIER LEAGUE

**Yesterday's results**  
Chelsea 2 Arsenal 0  
Liverpool 1 Blackpool 2  
Manchester City 2 Newcastle 1

## FRANCE

## LIGUE 1

**Yesterday's results**  
Lille 3 Montpellier 1  
Paris Saint-Germain 0 Nice 0  
Rennes 3 Toulouse 1

## GERMANY

## BUNDESLIGA

**Yesterday's results**  
Bayer Leverkusen 2 Werder Bremen 2  
Borussia Dortmund 2 Bayern Munich 0  
Stuttgart 1 Eintracht Frankfurt 2

## ITALY

## SERIE A

**Yesterday's results**  
Bologna 1 Sampdoria 1  
Chievo Verona 0 Cagliari 0  
Fiorentina 1 Palermo 2  
Genoa 2 Bari 1  
Inter Milan 0 Juventus 0  
Lazio 1 Brescia 0  
Lecce 1 Catania 0  
Napoli 2 AS Roma 0

## SPAIN

## LA LIGA

**Yesterday's results**  
Almeria 1 Malaga 1  
Barcelona 1 Mallorca 1  
Getafe 3 Hercules 0  
Osasuna 1 Levante 1  
Real Madrid 6 Deportivo La Coruna 1  
Sevilla 3 Atletico Madrid 1  
Villarreal 2 Racing Santander 0

## NHL

## PRE-SEASON

## Yesterday's results

Nashville 3 Washington 0  
Pittsburgh 5 Detroit 2  
Buffalo 9 Philadelphia 3  
Chicago 4 St. Louis 3  
Calgary 1 Edmonton 0  
Anaheim 3 Los Angeles 2 (OT)

## Today's games

Carolina at SKA St. Petersburg (Russia), 11 a.m.

Minnesota at Ilves Tampere (Finland), Noon

**Tomorrow's games**

Columbus at Malmo/Rogle BK (Sweden), 1 p.m.

Boston at HC Litvina (Czech Republic), 1 p.m.

**Wednesday's game**

Phoenix at Dinamo Riga (Latvia), Noon

**End NHL Pre-season Schedule**

## FLAMES 1, OILERS 0

## First Period

1. Calgary, Tanguay 1 (Iginla, Giordano) 5:36 (pp)

**Penalties** — Strudwick Edm (interference), MacIntyre Edm (roughing) 9:54, Tanguay Cal (tripping) 14:05.

## Second Period

No Scoring.

**Penalties** — Brule Edm (slashing) 8:51, Ivanans Cal (holding) 11:34, Bouwmeester Cal (hooking) 16:10.

## Third Period

No Scoring.

**Penalty** — Bellie Edm (hooking) 13:06.

## Shots on goal by

Edmonton 7 11 9 27

Calgary 13 5 10 28

**Goal (shots-saves)** — Edmonton: Dubnyk (10-17)(L), Deslauriers (11:34 of second)(10-10); Calgary: Kiprusoff (WV).**Power plays (goals-chances)** — Edmonton: 0-3; Calgary: 1-4.**Referees** — Tom Kowal, Kyle Rehman. **Linesmen** — Brad Lazarowich, Mark Wheeler. **Attendance** — 19,289 (19,289) at Calgary.

## LATE SATURDAY

## LEAFS 4, RED WINGS 2

## First Period

1. Detroit, Emmertson 1 (Andersson, Mursak) 9:09 (pp)

2. Toronto, MacArthur 1 (Grabovski, Gunnarsson) 14:19 (pp)

3. Toronto, Bozak 2 (Kessel, Komisarek) 16:28

**Penalties** — Kulemin Tor (cross-checking) 5:36, Komisarek Tor (high-sticking) 7:20, Abdelkader Det (roughing), Versteeg Tor (slashing, roughing) 9:59, Helm Det (holding) 11:48, Miller Det (tripping) 12:19, Brown Tor (charging) 19:24.

## Second Period

4. Toronto, Versteeg 2 (Kaberle, Kessel) 4:41 (pp)

5. Toronto, Kaberle 1 (Kessel, Versteeg) 11:41 (pp)

**Penalties** — Andersson Det (holding) 4:03, Andersson Det (interference) 10:37.

## Third Period

6. Detroit, Tatar (Ericsson, Kindl) 12:13 (pp)

**Penalty** — Orr Tor (boarding) 6:10, Abdelkader Det, Schenn Tor (unsportsmanlike conduct, instigating, fighting, misconduct) 10:24, Smith Det (interference) 13:59, Abdelkader Det (tripping) 18:03.

## Shots on goal by

Detroit 10 13 13 36

Toronto 11 12 6 29

**Goal (shots-saves)** — Detroit — Howard (L); Toronto — Giguere (W)(23-22), Rynnass (start third)(13-12).**Power plays (goals-chances)** — Detroit: 2-7; Toronto: 3-6.**Referees** — Paul Devorski, Fredrick L'Ecuyer. **Linesmen** — Greg Devorski, David Brisebois.**Attendance** — 18,780 (18,819) at Toronto.

## NFL

## WEEK 4

## AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF PA
N.Y. Jets	3	1	0	.750	106 61
New England	2	1	0	.667	90 82
Miami	2	1	0	.667	52 51
Buffalo	0	4	0	.000	61 125

## SOUTH

Houston	3	1	0	.750	108 102
Jacksonville	2	2	0	.500	71 111
Indianapolis	2	2	0	.500	117 92
Tennessee	2	2	0	.500	98 68

## NORTH

Baltimore	3	1	0	.750	61 55
San Diego	3	1	0	.750	86 50
Cincinnati	2	2	0	.500	79 78
Cleveland	1	3	0	.250	68 77

## WEST

Kansas City	3	0	0	1.000	68 38
San Diego	2	2	0	.500	71 111
Denver	2	2	0	.500	87 85
Oakland	1	3	0	.250	76 107

## NATIONAL CONFERENCE

||
||
||



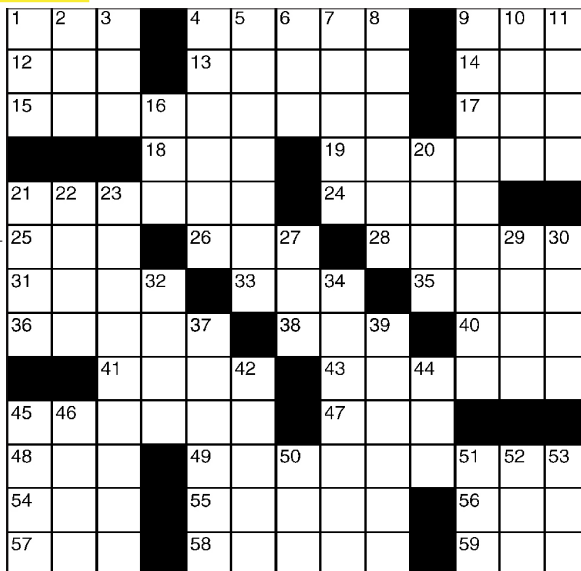
## Crossword

## Across

1 Spree  
4 Tent peg  
9 Hot tub  
12 Eggs  
13 "American Idol" alumnus Clay  
14 Audiology subject  
15 Piano style  
17 Performance  
18 Birthday statistic  
19 Mickey Mouse's creator  
21 Stuck  
24 Sans siblings  
25 Blackbird  
26 Homer's interjection  
28 Play your last card  
31 Hostels  
33 Watch chain  
35 Ballerina's frill  
36 Crazy folks  
38 Deity  
40 Apprehend  
41 St. Louis NFL team  
43 Chuckles  
45 Tyrannical ruler  
47 In need of repair  
48 Ostrich's cousin  
49 They're "worn" when handling something carefully  
54 Parisian pal  
55 Justice Kagan  
56 Past  
57 Unsavory rodent  
58 Impressionist Edgar  
59 Present

## Down

1 Occupation  
2 Actress Gardner  
3 Talk on and on  
4 Drooped  
5 Fed up with  
6 Alias (Abbr.)  
7 Japanese form of fencing  
8 Conclusion  
9 "No Way Out" actress  
10 Gait  
11 Bohemian  
16 Sweet potato  
20 Coin aperture  
21 "Monopoly" corner  
22 Domini predecessor  
23 Diamonds or clubs, in bridge  
27 Glutton

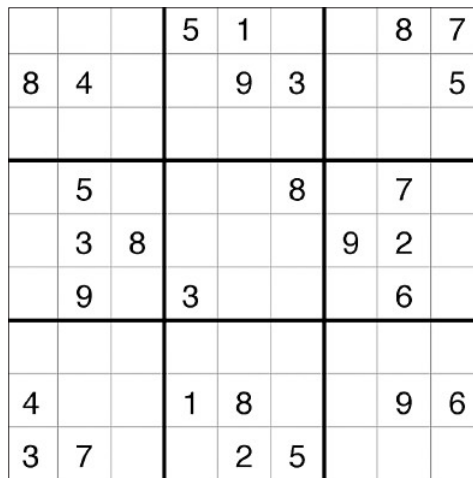


29 Great Salt Lake state  
30 Vats  
32 Break suddenly  
34 Common lunch meat  
37 Cured, as ham  
39 Texas city  
42 Steps over a fence  
44 Japanese vegetable  
45 Sweetie  
46 Actress Thompson  
50 B.A., for ex.  
51 Moving vehicle  
52 Id counterpart  
53 Scatter seeds

## Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	2	3	9	5	7	1	6
5	9	1	2	7	6	3	4	8
6	3	7	4	8	1	9	2	5
2	1	6	8	3	7	4	5	9
9	7	4	1	5	2	8	6	3
3	5	8	9	6	4	2	7	1
7	2	3	6	1	8	5	9	4
1	4	9	5	2	3	6	8	7
8	6	5	7	4	9	1	3	2

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

TGK,  
You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you!

UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.

-SNOOPY

Pssstttt: Chris, mi amor. Mi lindo. Mi loru. Bebs, you are my everything. When I look into your eyes - I see forever :) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU.

Forever yours, ERIKA

## Today's horoscope

**♈ Aries** March 21-April 20  
Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

**♉ Taurus** April 21-May 21  
The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on.

**♊ Gemini** May 22-June 21  
The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for.

**♋ Cancer** June 22-July 22  
You feel on top of the world and your energy levels are high, so

ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

**♌ Leo** July 23-Aug. 23  
Is life really so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future.

**♍ Virgo** Aug. 24-Sept. 22  
Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move.

**♎ Libra** Sept. 23-Oct. 23  
You will be put to the test today

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

but, if you stay calm and tackle problems individually as they arise, you will pass the test with flying colours.

**♏ Scorpio** Oct. 24-Nov. 22  
Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have convinced you it is time to move on — and up.

**♐ Sagittarius** Nov. 23-Dec. 21  
You need to have a clear idea of what it is you are aiming for, because without that idea your efforts will yield only limited results.

**♑ Capricorn** Dec. 22-Jan. 20  
Quality counts in all areas of

life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

**♒ Aquarius** Jan. 21-Feb. 18  
You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon.

**♓ Pisces** Feb. 19-March 20  
Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must.

● SALLY BROMPTON

## Caption contest



"So that's where I parked my car"  
CATLIN KNOWLES

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<b>06 Outback S/W</b> • Load, A/C, Std • st: 31079 • km: 98095 <b>\$13,840</b> \$146*** Bi-weekly	<b>09 Odyssey</b> • Load, A/C • st: 31105 • km: 48599 <b>\$22,880</b> \$177*** Bi-weekly	<b>10 Camry LE</b> • Load, A/C, Std • st: 29533 • km: 30042 <b>\$19,950</b> \$161*** Bi-weekly	<b>07 Caliber SXT</b> • Load, A/C, Std • st: 29604 • km: 79217 <b>\$9,940</b> \$91*** Bi-weekly	<b>07 Rabbit</b> • Load, A/C, Roof, Std • st: 31059 • km: 69949 <b>\$12,860</b> \$117*** Bi-weekly	<b>07 Civic Coupe</b> • Load, A/C, Std • st: 31207 • km: 77376 <b>\$11,650</b> \$106*** Bi-weekly
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**10 Volvo S40**  
 • Load, A/C, Std  
 • st: 29898  
 • km: 15141  
**\$25,890**  
 \$200\*\*\*  
 Bi-weekly

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**10 Corolla LE**  
 • Load, A/C  
 • st: 29489  
 • km: 30257  
**\$17,850**  
 \$144\*\*\*  
 Bi-weekly

**08 Mazda Tribute**  
 • Load, A/C, Auto  
 • st: 29529  
 • km: 54497  
**\$17,950**  
 \$145\*\*\*  
 Bi-weekly

**07 Dakota Magnum**  
 • 4x4, Load, A/C  
 • st: 28111  
 • km: 56824  
**\$17,860**  
 \$163\*\*\*  
 Bi-weekly

**07 Ford Ranger**  
 • 4x4, A/C, Std  
 • st: 29926  
 • km: 56824  
**\$16,950**  
 \$154\*\*\*  
 Bi-weekly

**06 Mazda B4000**  
 • 4x4, Load, A/C, Std  
 • st: 29776  
 • km: 66626  
**\$13,350**  
 \$141\*\*\*  
 Bi-weekly

**07 Econoline E250**  
 • Super Duty, A/C  
 • st: 28294  
 • km: 75138  
**\$17,360**  
 \$158\*\*\*  
 Bi-weekly

**10 Dodge Journey**  
 • Load, A/C  
 • st: 29473  
 • km: 20291  
**\$18,850**  
 \$161\*\*\*  
 Bi-weekly

**09 Kia Rio**  
 • Load, A/C, Auto  
 • st: 31176  
 • km: 55711  
**\$9,960**  
 \$81\*\*\*  
 Bi-weekly

**06 GMC Canyon**  
 • 4x4, A/C, Auto  
 • st: 29365  
 • km: 43250  
**\$15,950**  
 \$168\*\*\*  
 Bi-weekly

**06 Avalanche Z71**  
 • 4x4, Load, A/C  
 • st: 29674  
 • km: 76635  
**\$19,650**  
 \$207\*\*\*  
 Bi-weekly

**06 Sierra 1500 Z71**  
 • 4x4, Auto, Load, A/C  
 • st: 29204  
 • km: 40533  
**\$21,850**  
 \$223\*\*\*  
 Bi-weekly

**08 Ridgeline RTL**  
 • 4x4, Load, Lthr, Roof  
 • st: 28708  
 • km: 17184  
**\$32,890**  
 \$254\*\*\*  
 Bi-weekly

**06 Escape 4WD**  
 • Load, A/C, Auto  
 • st: 29949  
 • km: 101805  
**\$11,970**  
 \$126\*\*\*  
 Bi-weekly

**07 Sienna**  
 • Load, A/C  
 • st: 29879  
 • km: 90921  
**\$15,870**  
 \$145\*\*\*  
 Bi-weekly

**07 Raider LS**  
 • Load, A/C, Auto  
 • st: 28990  
 • km: 37060  
**\$17,890**  
 \$163\*\*\*  
 Bi-weekly

**09 Frontier SE**  
 • 4x4, Load, A/C, Auto  
 • st: 28990  
 • km: 32182  
**\$25,980**  
 \$201\*\*\*  
 Bi-weekly

**08 Tundra SL5**  
 • 4x4, A/C, Auto  
 • st: 29834  
 • km: 30396  
**\$29,850**  
 \$231\*\*\*  
 Bi-weekly

**08 Tacoma 4x4**  
 • Load, A/C  
 • st: 29908  
 • km: 23590  
**\$28,870**  
 \$223\*\*\*  
 Bi-weekly

**09 Golf City**  
 • A/C, Auto  
 • st: 31223  
 • km: 52850  
**\$13,650**  
 \$110\*\*\*  
 Bi-weekly

**06 Tucson**  
 • Load, A/C, Auto  
 • st: 31149-A  
 • km: 91310  
**\$9,840**  
 \$104\*\*\*  
 Bi-weekly

**07 Ford F-150**  
 • Load, A/C, Auto  
 • st: 31013  
 • km: 66106  
**\$17,420**  
 \$159\*\*\*  
 Bi-weekly

**09 Chevrolet G15**  
 • A/C  
 • st: 28312  
 • km: 38582  
**\$21,860**  
 \$169\*\*\*  
 Bi-weekly

**09 Dodge Ram SLT**  
 • 4x4, Load, A/C, Auto  
 • st: 29827  
 • km: 58042  
**\$24,950**  
 \$193\*\*\*  
 Bi-weekly

**06 Avalanche Z71**  
 • 4x4, Load, A/C  
 • st: 29674  
 • km: 76635  
**\$19,650**  
 \$207\*\*\*  
 Bi-weekly

**09 Mazda5**  
 • Load, A/C, Auto  
 • st: 29539  
 • km: 51972  
**\$17,450**  
 \$141\*\*\*  
 Bi-weekly

**09 Jeep Liberty**  
 • 4WD, Load, A/C, Auto  
 • st: 29150  
 • km: 55813  
**\$17,950**  
 \$145\*\*\*  
 Bi-weekly

**10 Altima 2.5S**  
 • Load, A/C, Auto  
 • st: 31216  
 • km: 38516  
**\$17,980**  
 \$146\*\*\*  
 Bi-weekly

**08 Acura CSX NAV**  
 • Load, Auto, Roof, Lthr  
 • st: 29786  
 • km: 72330  
**\$16,950**  
 \$137\*\*\*  
 Bi-weekly

**06 Santa Fe**  
 • Load, A/C, Std  
 • st: 31096  
 • km: 75697  
**\$10,480**  
 \$110\*\*\*  
 Bi-weekly

**07 Yaris**  
 • Std  
 • st: 29044  
 • km: 77412  
**\$8,350**  
 \$76\*\*\*  
 Bi-weekly

**08 Saturn Astra**  
 • Load, A/C, Std  
 • st: 31078  
 • km: 48832  
**\$10,980**  
 \$89\*\*\*  
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